I claim:

post, comprising:

a generally rectangular block of a polymer;

said block including a top positioning tab for engaging the top edge of said post;

said block including means extending from the face thereof for supporting a guard rail thereon;

said block including at least one bore therethrough; and said block including at least one side tab for positioning said block with respect to said post.

Claim 2. A spacer block for attaching a guard rail to a post, comprising a thermoplastic polymer and a rubber material.

Claim 3. A spacer block comprising a structural foam thermoplastic composition.

Claim 4. A spacer block comprising a structural foam thermoplastic and rubber composition.

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